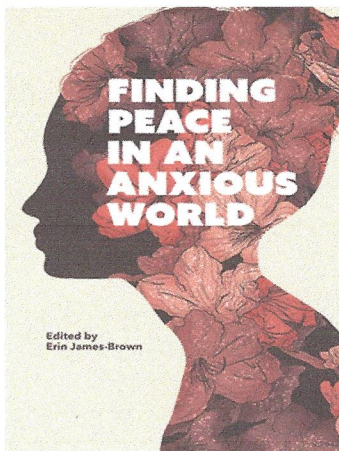


SESSION 3: COURAGE



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 Musician: Catherine Ritch



1

The Serenity Prayer

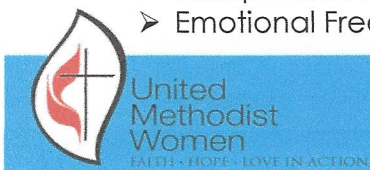
*God, grant me the Serenity
 To Accept the things I cannot change...
Courage to change the things I can,
 And Wisdom to know the difference.*



2

Session 3: *COURAGE*

- Explore and define the idea of courage in a Christian framework
- Consider what it is we need to face and where courage can be found
- Reaffirm that trusting God's power supports our incremental progress to everyday courage
- Introduce calming practices
 - Kataphatic Prayer
 - Emotional Freedom Technique (Tapping)



3

SESSION 3: *COURAGE*

God who gives life to all, be with us today as we continue to study your wisdom. Prepare our hearts and minds to work together with each other. Give us courage as we continue to do the holy work of learning. How good it is to center down, and to spend time with you! Amen.



4

I'm Gonna Live So God Can Use Me

1. I'm gonna live so God can use me
Anywhere, Lord, anytime.
I'm gonna live so God can use me
Anywhere, Lord, anytime!

2. I'm gonna work so God can use me...

3. I'm gonna pray so...

4. I'm gonna sing so...



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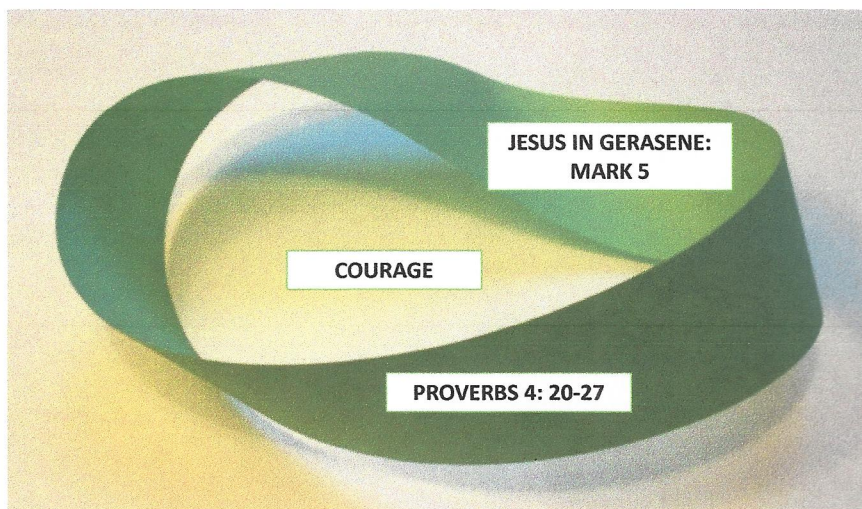
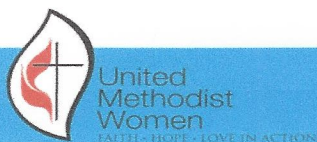


Image: commons.wikimedia.org/wiki/File:Möbius_strip.jpg; Content: Glory Dharmaraj

PROVERBS 4:20-22

- ²⁰ My child, be attentive to my words;
incline your ear to my sayings.
- ²¹ Do not let them escape from your sight;
keep them within your heart.
- ²² For they are life to those who find them,
and healing to all their flesh.



7

Explore and Define Courage

- Consider the movie *Inside Out*. What would an anxiety cartoon character look like? What would a courage character look like? Are they opposites?
- What is Courage to you?
- When have you seen courage in action?



8

Matthew 14:22-29

²² Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. ²³ And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, ²⁴ but by this time the boat, battered by the waves, was far from the land,^[a] for the wind was against them. ²⁵ And early in the morning he came walking toward them on the sea. ²⁶ But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. ²⁷ But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

²⁸ Peter answered him, "Lord, if it is you, command me to come to you on the water." ²⁹ He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus.



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9

Courage in the Bible

- Matthew 14:22-29 gives us a view of courage.
- What does this story tell us about courage?
- How does this story in Matthew 14 connect with the instruction of Proverbs 4:20-22?
- Other examples of courage in the Bible?



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Discuss your answers in your breakout groups for about 10 minutes.

10

Vulnerability and Courage

- *The Dance of Connections* by Harriett Lerner (text, p. 50)
 - Overfunctioners
 - Underfunctioners
- Courage as a necessary part of growth
 - Brene Brown's TED Talk, "The Power of Vulnerability"
 - Brene Brown's book, *The Gift of Imperfection*
 - Consider the concepts of everyday heroism and ordinary courage (text, p. 52)



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11

Exploring Christian Courage

- "Ordinary courage takes daily practicing of trust, discernment, and resting in God." (text, p. 54)
 - ❖ Embed God's words in your soul: **Proverbs 4:20-21**
 - ❖ Find a scriptural phrase that can clear your mind and listen to God's guidance: **Proverbs 4:22**
 - ❖ Use a Proverb or other scripture to replace your anxiety: **Proverb 4:23**
 - ❖ Guard our hearts and mouths: **Proverbs 4:24**



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12

Exploring Christian Courage (continued)

- “Ordinary courage takes daily practicing of trust, discernment, and resting in God.” (p. 54)
 - ❖ **Keep your eyes focused on the cross (Jesus):**
Proverbs 4:25
 - ❖ **Keep things straight and right in front of you:**
Proverbs 4:26-27
 - ❖ **Keep things simple:** simply have the courage to move ahead, perhaps taking small steps at a time
 - ❖ **Remember the courage of Jesus:** Mark 5



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13

Christian Courage (continued)

- Why do we need courage?
- What is God calling us to have the courage to face?
- How do we, like Peter, find the courage to “follow Jesus onto the water?”



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14

Spiritual Practice: The Kataphatic Prayer

- “This spiritual practice uses words, images, and songs to speak of God.” (p. 66)
- It may be unfamiliar to most.
- It focuses on positive association of what God *is*.
- Challenge yourself to explore language as a tool.
- “...ask questions, consider new possibilities, and rest in the image for a period of time” (text, p. 67)



15

Kataphatic Prayer (continued)

- Name for God (i.e.: God, Lord, Mother, Creator)
 - Silently picture God in relation to that word.
 - Repeat that word silently in your head.
- God is.. Take a minute to consider how God is like
- God is not...: Take another minute to consider how God is not like...
- God is NOT not...: Finish up by thinking of ways that God is NOT not like the image you have chosen. This double negative can help us connect with both the simplicity and complexity of our images of God.



16

PB6

Praveena Balasundaram, 4/16/2020

Calming Practice: Emotional Freedom Technique (EFT or Tapping)

- This is “a tool to help us overcome negative emotions and thought patterns and replace them with healing thoughts and healthy emotions.” (*Managing Emotions: A Youth Study* by Trudy Rankin and Faye Wilson, p. 28)
- Taps on what are called acupressure or meridian points
- Jessica Ortner’s Youtube video introduction to tapping:
[Youtube.com/watch?v=pAclBdj20ZU](https://www.youtube.com/watch?v=pAclBdj20ZU)



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17

EFT or Tapping (continued)

- Use 9 tapping points for this exercise. (There are different variations of this practice.)
 - side of the hand, forehead, side of the eye,
 - under the eye, under the nose, top of chin,
 - collarbone, under the arm, and on the top of the head.
- Choose one affirming phrase to use throughout (“I’m a child of God,” “I am capable,” etc.).
- Complete the tapping exercise.



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18

Praveena Balasundaram, 4/16/2020

Closing Prayer

- **God of many names**, we are grateful for this time we spent together. Give us the courage of Peter, to follow where you say "come." And grant us serenity, acceptance, and wisdom as we move through the world and act for justice. We pray in the name of Jesus Christ. Amen.



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19

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I'm Gonna Live So God Can Use Me

1. I'm gonna live so God can use me
Anywhere, Lord, anytime.
I'm gonna live so God can use me
Anywhere, Lord, anytime!
2. I'm gonna work so God can use me...
3. I'm gonna pray so...
4. I'm gonna sing so...

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